



Recipe Production

Printed: 09/17/2019 7:34 PM

Recipe Number: FS067

Recipe Name: CURRIED CHICKPEAS 9-12

Hot: Yes

Recipe Source: Washington State Schools

HACCP Process Category:

Same Day

Serving Description: 6 OZ WEIGHT OR 3/8 CUP VOLUME

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
98	6 OUNCES				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2501	BEANS GARBANZO 6/10	29	Pound	8 1/2	Ounce	(Unassigned)
1123	SPICE CURRY POW ORG 17 OZ BAG	12	Tbsp			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	4	Ounce	14 1/8	Gram	(Unassigned)
2538	ONION YELLOW JUMBO 50 LB	3	Pound	1 1/2	Ounce	(Unassigned)
2579	PEPPER RED 25 LB	2	Pound	4	Ounce	(Unassigned)
1025	SPICE PEPPER WHITE	3	Tbsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	1	TBSP			(Unassigned)
TAP	WATER	2	Quart	1 3/4	Cup	(Unassigned)
9045	TOMATOES DICED COMM 6/10	3	CAN(#10)			(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	1 1/8	Cup			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe Source: Washington State Schools "Scratch Cooking" Recipe Book
 Drained canned chickpeas yield: 65%
 Cooked onion yields: 78%
 Cooked bell peppers yield: 73%
 Drained diced tomatoes yield: 66%

Preparation Instructions

Mince garlic. Dice onions and peppers.
 Drain chickpeas.
 Heat oil, add garlic and cook for 30 seconds.
 Add onions, peppers, and salt. Cook until soft.
 Add pepper and curry powder.
 Add water and bring to a boil.
 Reduce heat, stir in chickpeas and tomatoes and cook for 20 minutes.

Serving Instructions



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	14,630.6022	76.3150	149.2919		
Saturated Fat	g	46.3563	0.2418	0.4730	2.85	
Sodium	mg	46,813.7670	244.1863	477.6915		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	356.6251	1.8602	3.6390	21.94	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	2,455.7710	12.8096	25.0589	67.14	
Total Dietary Fiber	g	497.4769	2.5949	5.0763		
Protein	g	517.7602	2.7007	5.2833	14.16	
Vitamin A (RE)	RE	7,386.8294	38.5306	75.3758		
Vitamin A (IU)	IU	40,372.6403	210.5886	411.9657		
Vitamin C	mg	2,139.1181	11.1579	21.8277		
Calcium	mg	5,726.4003	29.8696	58.4327		
Iron	mg	151.0126	0.7877	1.5409		
Moisture	g	10,122.7894	52.8017	103.2938		*
Ash	g	168.0751	0.8767	1.7151		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2501	BEANS GARBANZO 6/10	1.00	(Unassigned)	4	0.26	CAN (111 OZ)	/
1123	SPICE CURRY POW ORG 17 OZ E	1.00	(Unassigned)	2	0.54	OZ	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.28	LB	/
2538	ONION YELLOW JUMBO 50 LB	1.00	(Unassigned)	3	0.09	LB	/
2579	PEPPER RED 25 LB	1.00	(Unassigned)	2	0.25	LB	/
1025	SPICE PEPPER WHITE	1.00	(Unassigned)	0	0.76	OZ	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
9045	TOMATOES DICED COMM 6/10	1.00	(Unassigned)	3	0.06	CAN (102 OZ)	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.03	CONTAINER (/

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